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ABSTRACT

The guide describes the 300-acre Pok-O-MacCready Outdoor Education Center, located in the Adirondack Mountains, which offers winterized residential facilities and indivdualized 3- to 5-day outdoor and environmental programs for groups of up to 85 elementary and secondary students. The guide describes the center's activities, which focus on personal growth, decision making, and cooperation, and which include 19th century farming, environmental studies, leadership training, and specialized programs about acid rain or historical adventure experiences. The guide briefly describes the center's 10 intersession programs, which make up special curriculum for groups of 8-12 students who want to pursue a specific area of study for as long as 3 weeks. In addition, the guide includes descriptions of outdoor living skills taught at the center and recreational activities available at Pok-O-MacCready and in nearby Adirondack Park. The guide includes the center's evening program and dining room procedure, sample 3- and 5-day programs, room assignment sheets, a health form, and a supplies list. (SB)

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POK-O-MAC CREADY

OUTDOOR EDUCATION CENTER

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RESIDENT PROGRAM GUIDE

1980

OUR 1812 HOMESTEAD

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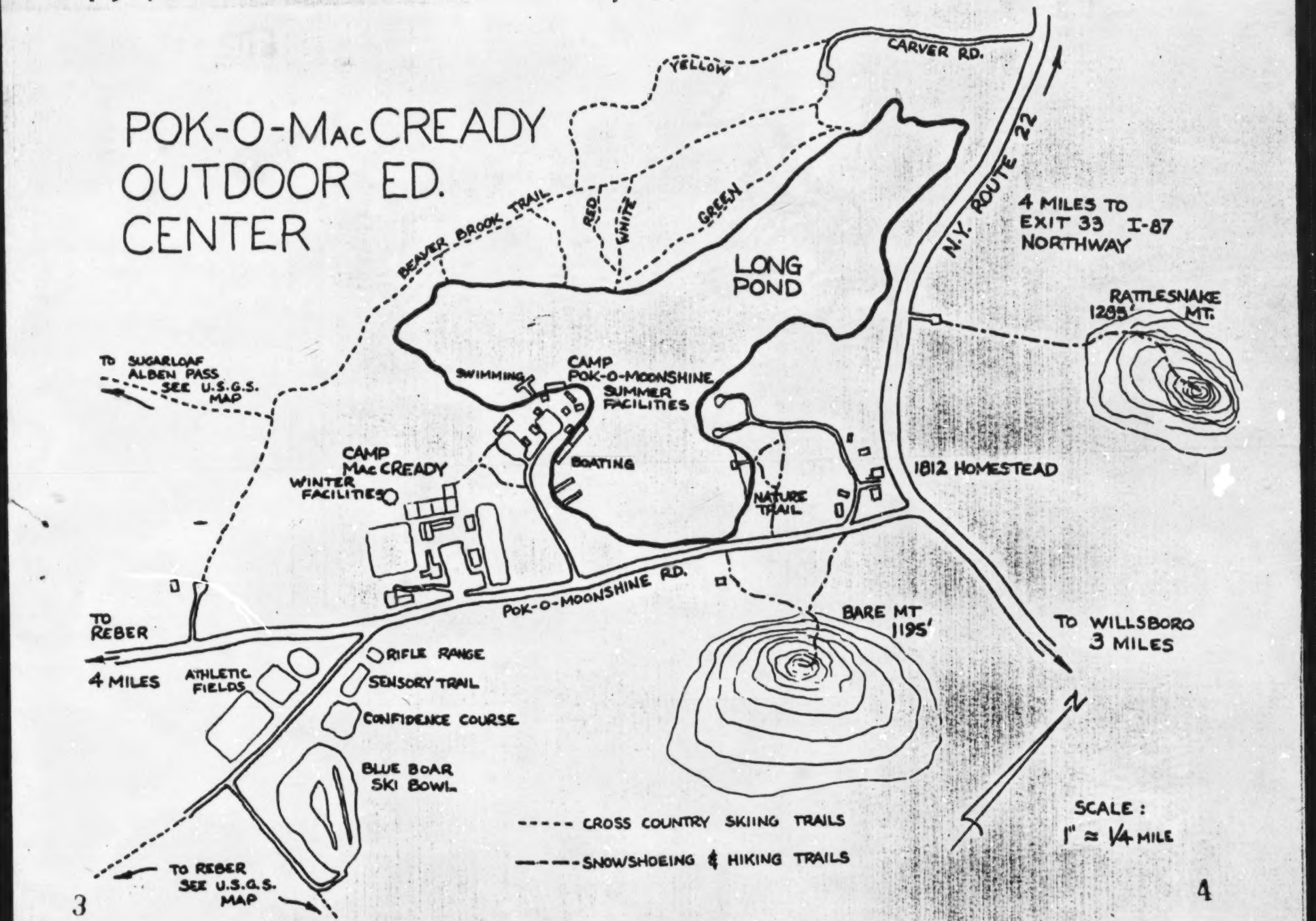
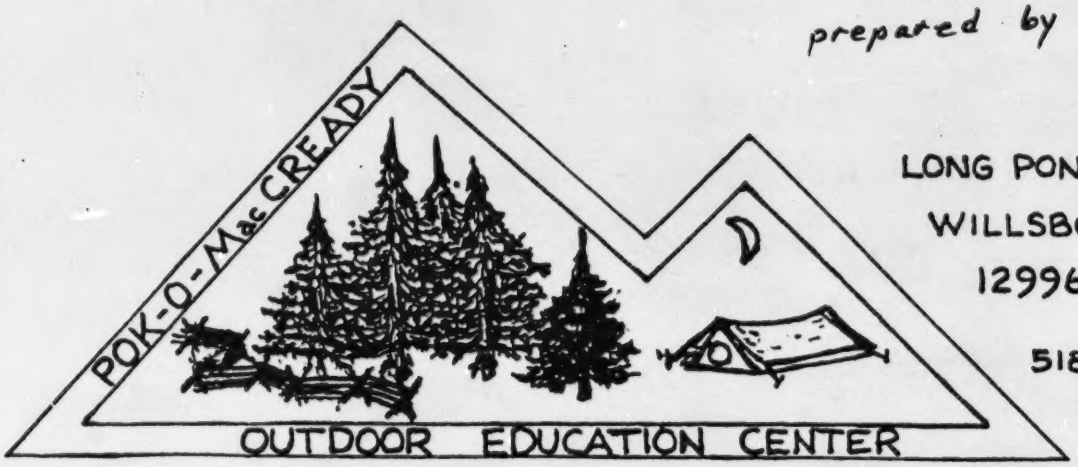

POK-O-MacCREADY
OUTDOOR ED.
CENTER
CARVER RD.
YELLOW
BEAVER BROOK TRAIL
RED
WHITE
GREEN
LONG
POND
N.Y. ROUTE 22
4 MILES TO
EXIT 33 I-87
NORTHWAY
RATTLESNAKE
1285' MT.
TO SUGARLOAF
ALBEN PASS
SEE U.S.G.S.
MAP
SWIMMING
CAMP
POK-O-MOONSHINE
SUMMER
FACILITIES
CAMP
MacCREADY
WINTER
FACILITIES
BOATING
NATURE
TRAIL
1812 HOMESTEAD
POK-O-MOONSHINE RD.
TO
REBER
4 MILES
ATHLETIC
FIELDS
RIFLE RANGE
SENSORY TRAIL
CONFIDENCE COURSE
BLUE BOAR
SKI BOWL
BARE MT
1195'
TO WILLSBORO
3 MILES
TO REBER
SEE U.S.G.S.
MAP
----- CROSS COUNTRY SKIING TRAILS
—·—·— SNOWSHOEING & HIKING TRAILS
SCALE:
1" ≈ 1/4 MILE

prepared by Jack Swan



LONG POND
WILLSBORO, N.Y.
12996

518-963-7967

Located in picturesque Essex County, the Pok-o-MacCready Outdoor Education Center borders Long Pond, four miles west of Lake Champlain and thirty miles east of the high peaks of the Adirondacks.

The completely winterized center offers comfortably heated rooms, meeting space, family style meals, extensive recreation facilities, and winter sport equipment for eighty-five people. Fall and spring accomodations are available for up to one hundred-fifty individuals.

Included on the Center's 300 acres are twenty miles of cross country skiing trails, confidence and obstacle courses, two nature trails, toboggan and ski slopes, hiking trails, access to the waterfront, and various boating equipment. The 1812 Homestead includes a one room schoolhouse, many buildings of the period, farm animals and equipment.

Objectives

The personal growth of each individual is enhanced by various methods of learning. It is the Center's objective to utilize the out of doors as a vital learning resource. Direct involvement in the environment provides a realistic learning experience and creates a sensitivity for all life.

In addition, students staying for the three or five day program will be involved with daily decision making and learn to live cooperatively with one another. Leaders and chaperones benefit from seeing their pupils in a different perspective when they live with them at the Center. Teachers become more aware of individual differences and gain greater understanding of each student.

Activities

Each program is individualized to provide the activities needed by leaders and group members to reach their goals. The Center's staff would like to meet with teachers to plan a program which will coorelate the outdoor experience to their classroom work.

I. 1812 Homestead

The 1812 Homestead is a replica of a working farm of the early 1800's. Groups are allowed to participate under full supervision in the daily activities of operating a homestead. These activities include:

Farm House- colonial cooking, baking in a brick oven, dyeing, carding and spinning wool, butter making, soapmaking, and candemaking.

Barn- grinding corn, flailing grains, studying post and beam construction, rough hewing beams, splitting rails for fences, and

making shingles.

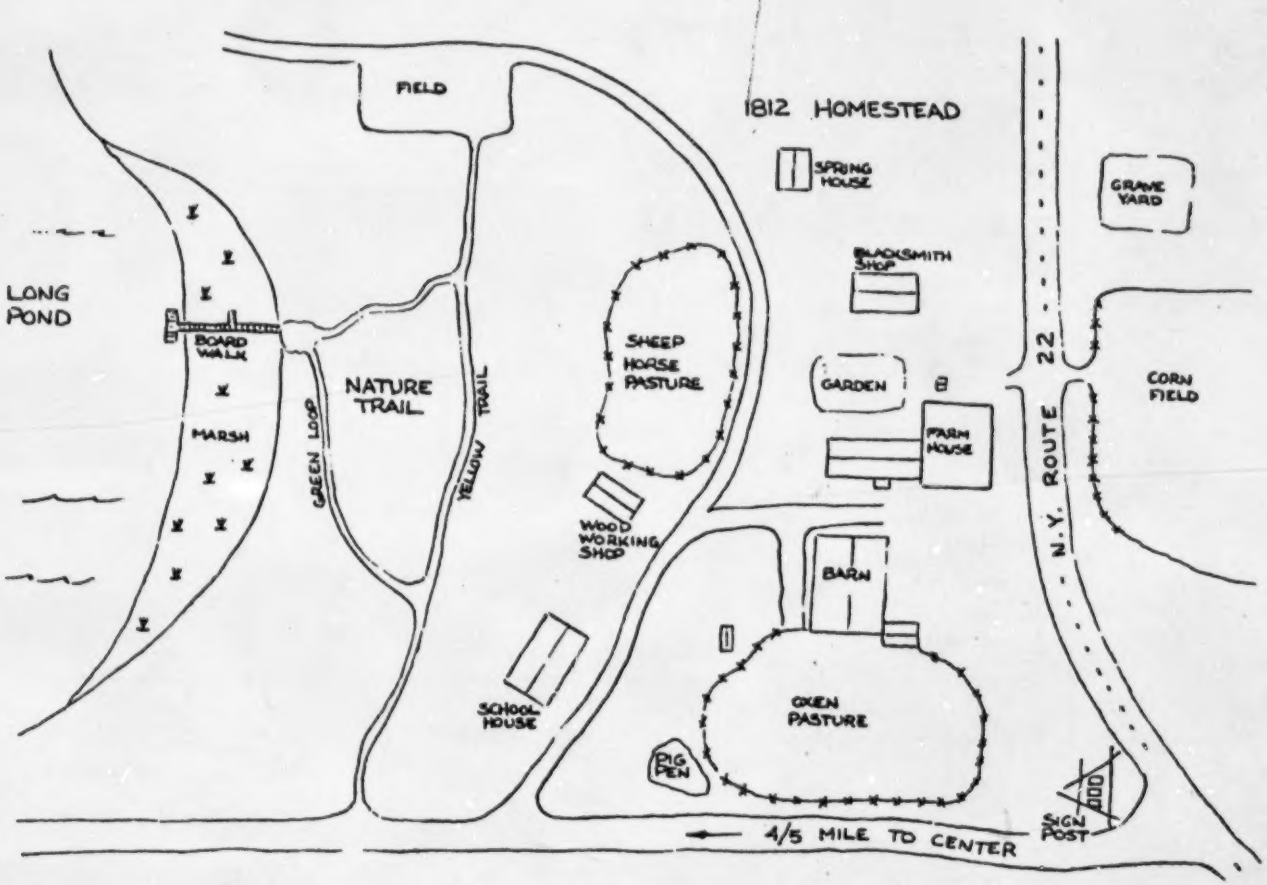
Blacksmith Shop- sharpening and repairing old tools, and making new tools and hardware.

Animal Husbandry- feeding and caring for the pigs, sheep, horse, oxen, and chickens.

Gardening- planning and planting a colonial garden, harvesting and storage methods.

School House- studying in a one room school house and using quill pens and workbooks.

Woodlot- maple sugaring, logging and firewood cutting.



II. Environmental Studies

Nature Trail- The half mile trail is marked with 25 points of biological, ecological, and geological interest. It is designed to be either a self-guided or guided trail.

Plot Studies- Located along the Nature Trail, ecologist's and forester's plot studies enable students to conduct in depth experimentation. Testing soil pH, recording temperatures, and identifying various kinds of vegetation and animal life effectively illustrate the importance of ecosystems.

Meteorology- Basic forecasting skills are taught, along with

recording daily data from our weather station at the Center. Weather transmission of pollutants to the environment is discussed.

Aquatic Studies- Lake and stream studies are conducted in all seasons which include vegetation and animal observation and collection, water sampling for pH, oxygen content, and hardness; and depth, temperature, and turbidity readings. Shoreline characteristics are observed and a marsh is made accessible by a 140 foot walkway.

Sensory Trail- The trail requires each individual to utilize senses other than sight to experience the forest. After being blindfolded, the student follows a guide rope and raised symbols along a 600 foot circular trail, becoming familiar with forest life from a different perspective.

Astronomy- Night courses allow students to work together with the staff and their teachers in studying the sky. Major constellations are identified, along with the mythical legends surrounding them and the importance of stars as tools in finding direction and telling time.

Sensory Exercises- These are short diverse activities designed to encourage individual perspective and interpretation of natural surroundings. Some exercises include comprising group poetry, interpretive drawing, and collection of objects of personal interest.

III. Specialized Programs

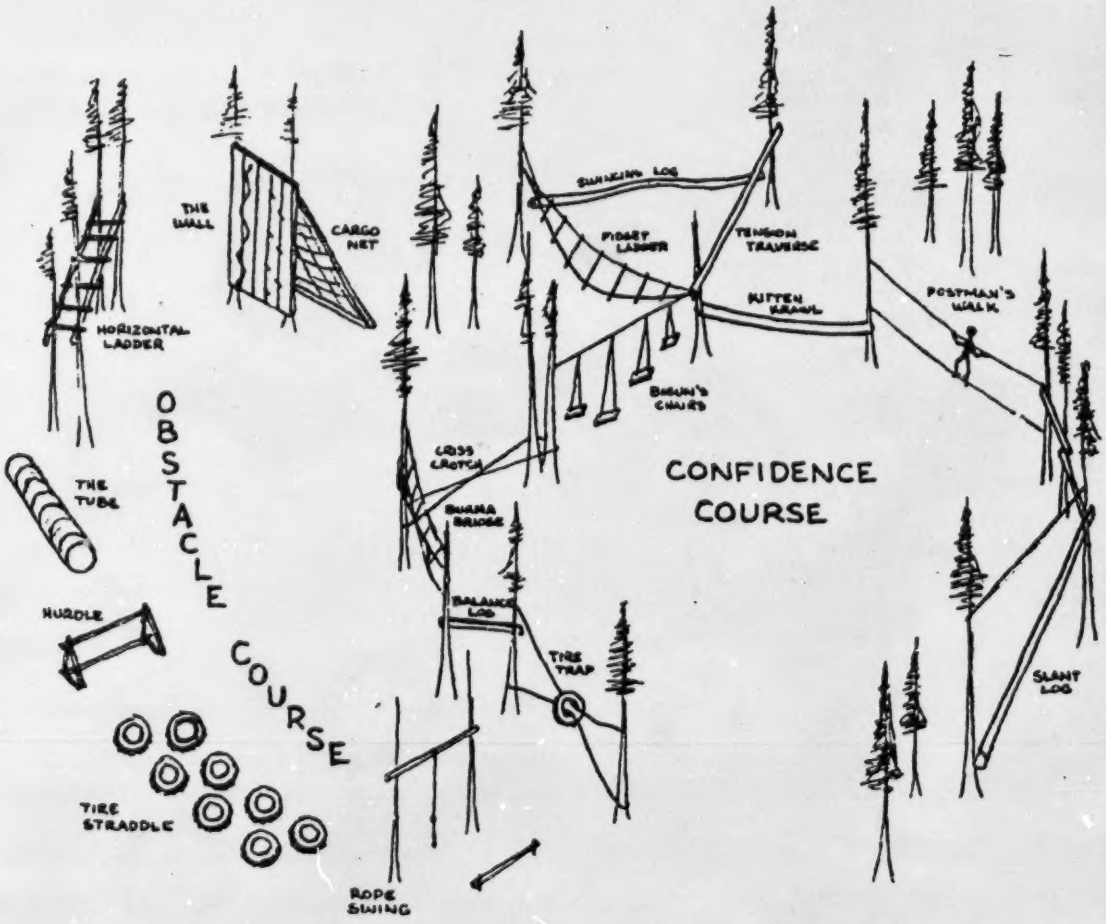
In-depth Study of Acid Rains- Through the use of five distinct subject areas, students gain insight to this growing environmental problem.
*Chemical analysis- background in basic chemistry pertinent to the Acid Rain problem. *Meteorological influences- discussion and observation of prevailing weather patterns contributing to acidic precipitation. *Industrial pollution and related economic factors- investigation of area industries combined with resource work on existing environmental legislation. *Effect of Acid Rain on plant and animal life- experimentation with native specimens to determine short term effects. *Geological influences- field work and discussion of predisposing geological factors contibuting to the Adirondack area's trouble with this situation.

Adventure Experience: "You Are There"- Utilizing our wilderness environment in an area rich in history, students in this program chose one of five characterizations to portray for a day. With the help of our staff, the role becomes real and that part of our nations past is made clearer for each participant.
*The Iroquois- food gathering, building construction techniques and general life style is experienced by these students. *The Surveyors- utilizing compasses, transits and the somewhat primitive tools of the early American surveyor, the students will map areas adjacent to camp. *Rogers' Rangers- taking advantage of our woods and lake, students will gain an insight into the wilderness fighting and survival techniques used during the French and Indian War. *Homesteaders- students, through farming, cooking, woodworking, animal care and other activities, experience not only the hardships but some of the great satisfaction necessary to the pioneering spirit. *The Trappers- by walking a trap line, students gain a working knowledge of small mammal habitat, signs and various trapping methods. Discussions include skinning and tanning methods, as well as the historical importance of the fur market.

IV. Leadership Training

Action Socialization Experience- Offered are a series of exercises in group cooperation. The students attempt to solve problems of varying difficulty by perfecting their listening skills and working together. Often new leaders emerge as the group explores all possibilities for accomplishing the tasks before them.

Confidence and Obstacle Course- Encompassing thirteen different events, this course enables the student to explore his/her physical and mental limitations while perfecting strength, balance, and coordination. By experiencing these situations, performing in the presence of their peers, and learning to trust their spotters, individuals benefit from a dynamic lesson in self confidence and overcome anxieties, real and imagined.



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V. Outdoor Living Skills

Hiking and Backpacking- A variety of trails in the immediate vicinity of the Center provide easy access to the surrounding mountains. In addition, day trips and overnights into the Adirondack High Peak region can also be arranged. Campcraft skills such as outdoor cooking, pitching a tent, and survival techniques are stressed.

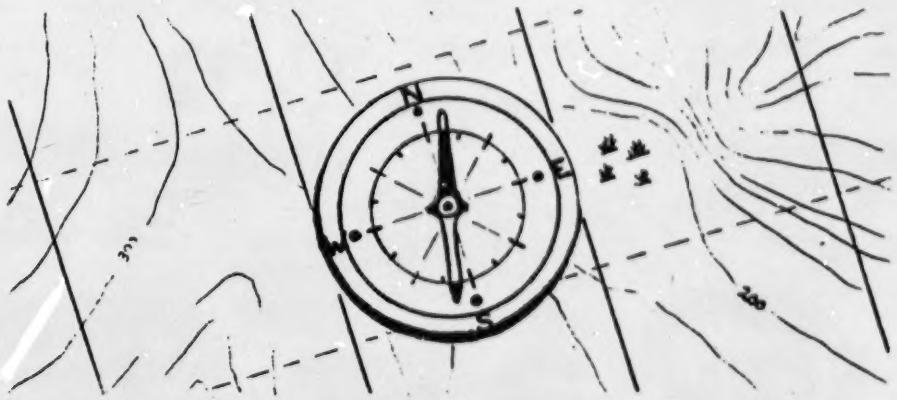
Winter Mountaineering- Pok-o-MacCready offers a broad program in mountaineering. The Center teaches the proper use, by thorough preparation, of stoves, tents, snowshoes, and food and provides individual leadership responsibilities. Short overnight trips near the Center prepare the group members for winter ascents into the Adirondack High Peak region.

Snowshoeing - Cross Country Skiing- Clinics are offered for beginners in both sports. These techniques are used extensively in the winter programs and many miles of trails surround the Center. The necessary equipment is provided for group use.

Map and Compass- Orientation with a map and compass is a vital part of outdoor living. At the Center, several miles of compass trails facilitate this learning process.

Basic Rock Climbing- Under expert instruction, this program offers the student a chance to explore this special sport safely. Instructed at Mt. Pok-o-Moonshine, one of the best rock climbing areas in the East, students practice knot tying, belaying, rappeling, and climbing signals.

Rafting and Canoeing- Day or overnight rafting and canoeing take place within the 6,000 miles of rivers and streams contained in the Adirondack Park. This course exposes the individual to the rich variety of lakes and waterways surrounding the Center.



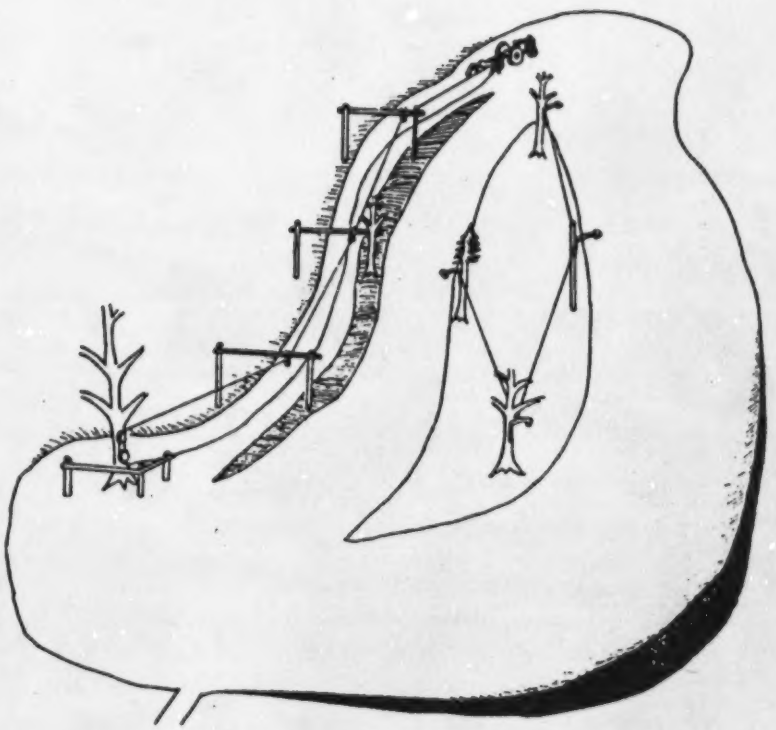
VI. Recreational Activities

Waterfront Area- Long Pond provides areas for swimming, boating, and fishing. Rowboats, canoes, playacks, and rafts are available.

Athletic Fields and Courts- The Center has baseball, softball, and soccer fields, 5 basketball courts, and 4 tennis courts. Some equipment is present at the Center, but it is necessary to bring tennis equipment.

Skating - Ice Fishing- Equipment is available for ice fishing on both Long Pond and Lake Champlain. Skating areas exist on the Bouquet River. Students should bring skates.

Blue Boar Ski Bowl
A favorite of all the Center's visitors, the main slope is banked to form a bobsled-like inner tube run. Another smaller slope for beginning downhill skiers lies adjacent to it, while transportation up the hill is provided by a rope tow. The entire area is lighted by a separate generating facility. Inner tubes are provided.



Down Hill Skiing- The Center is 35 miles from Paleface and Whiteface Ski Centers. Group rates can be arranged and box lunches provided.

VII. Regional Points of Interest

Historic- The Champlain Valley was a battleground for many nations for over 200 years. Day trips are available to Fort Ticonderoga, the archeological digs at Crown Point, and various other sites and museums important to the Adirondack region.

Economics- Many area industries offer the student a new perspective on rural living. Visits to logging sites, sawmills, dairy farms, orchards, and fish hatcheries can broaden the scope of experiences with which the student returns home.

Recreational- Nearby Lake Placid and Wilmington, sites of the 1980 Winter Olympics, are only a short drive from the outdoor education center. Mount VanHoevenburg, the only bobsled run in North America, and Intervale, with its two ski jumps, are located on the road to Lake Placid. Public cross country ski trails are located at the bob sled area. Whiteface Mountain, center for the Olympic Alpine events, is located near Wilmington. In addition, Lake Placid and Saranac Lake host other sporting events including toboggan racing, dog team racing and ice-boat racing.

New York's Adirondack State Park is the largest public park in the United States. Hundreds of miles of hiking trails lead climbers to the peaks of outstanding beauty which offer splendid views and exhilarating challenges.

Intersession Programs

In addition to the programs offered for larger groups, the Center has developed an intersession curriculum directed toward groups of 8-12 students, interested in pursuing a specific area of study. During a one to three week period, students are able to participate in a more concentrated learning experience. The following special programs are available:

Early American Building Construction- The course includes a study of existing structures and construction of a new building at the Center's "1812 Homestead". The students will participate in an actual barn raising, in a step by step program, using authentic pioneer tools, (broad axe, adze, froe, auger) and native materials. From laying a rubble masonary foundation to capping the roof with hand split cedar shakes, students can experience and appreciate the craftsmanship of these forgotten arts.

Basic Techniques for Winter Camping- Winter camping provides a physical and mental challenge unique to the season for there can be no mistakes in preparation or judgement in the winter experience. The course prepares an individual to tackle the Adirondack High Peak Region by thorough preparation in tent use, stoves, first aid, snowshoeing, cross-country skiing, food preparation, and leadership responsibilities. Short overnight trips near the Center prepare the participants for winter ascent into the Mt. Marcy region of the Adirondacks.

Farming and Rural Living in the 1830's- By participating in actual methods practiced by early American settlers the student will gain a deeper understanding of the hardships of day to day life, learn of the resourcefulness of the farmer and family and their knowledge of nature and struggles against it. The course includes clearing land, gardening, gathering and preparing food, hunting and trapping, farm maintenance and animal husbandry. Emphasis will be given to seasonal activities such as ice cutting, maple sugaring, fence building, herb gathering, and logging with a team of oxen.

The 46er Challenge- Backpacking in the Adirondack High Peaks- The 46 Adirondack Mountains over 4000 feet form some of the most picturesque scenery in the East. In this course, each student will traverse from the highest peak, Mt. Marcy to the toughest trailless summit, Mt. Couchsachraga. Avalanche Pass, Lake Tear of the Cloud, Rainbow Falls, and the Opalescent River are places in the Adirondack wilderness with which the student will become familiar as the course progresses. Techniques of campcraft, map and compass, outdoor cooking, first aid, and survival presented by competent intructors will enhance the challenge of the program.

Basic Rock Climbing- The course is given in one of the best rock climbing areas on the East coast. Confidence and high rope courses at the Center will help prepare the student for the unique world of rock climbing; types of moves, balance and movement, knot tying, belaying, rappeling, and climbing signals. Under expert instruction, the student gains self-confidence, coordination, agility, and mutual support while rock climbing at Mt. Pok-o-Moonshine and

other sites in the Adirondack Mountains.

Lake Champlain Valley 1609-1850 - A Historian's Delight- The Lake Champlain Region was a battleground for many Nations for over 200 years. This course will examine Samuel de Champlain exploits, the French and Indian War, Rogers Rangers, Battle of Valcour, General Burgoyne's march to Saratoga and the Battle of Plattsburgh (War of 1812). There will be on site visit to Valcour Island, Crown Point, Fort Ticonderoga, Saratoga and Bennington. A student will investigate the geography, military battles, personalities and political ramifications of this area in detail. Historical readings, discussions, reports, research and debates will be used to make history come alive for the student.

A Naturalist's View of the Adirondacks- Through extensive field work near the Center and on day trips throughout the Adirondacks, the student will gain an awareness of area ecosystems. Observation and collection will familiarize the student with various plant and animal species both terrestrial and aquatic. Participants will conduct soil and water tests using equipment from the lab at the Center.

Rafting and Canoeing- The course will concentrate on some lesser known waterways including parts of the upper Hudson, Bouquet and Saranac rivers. The degree of whitewater experiences will be determined by the ability of the group. Instruction in various techniques plus a basic Red Cross canoeing course will be an integral part of the program.

The Adirondacks; The Land and its People- The Adirondack Park, the largest state park in the country, encompasses more than six million acres of rugged mountains, quiet glacial lakes, vast tracts of timber and other natural resources. Students will explore this region investigating area industries such as lumbering, mining, farming and tourism. Participants will conduct digs in various locations while researching the historical aspects of these occupations. Interviewing residents of the Park can give the students insight to the impact this rich region has on its inhabitants.

Basic Photography; Focus on the Adirondacks- Using our wilderness environment rich in natural beauty, the student will have an opportunity to gain a good working knowledge of the camera while being exposed to the scenic Adirondack landscape. One objective of this course will be to familiarize the student with different types of cameras and film. Discussions will include the basics of darkroom techniques for developing black and white film, including processing, contact printing, enlarging, chemical mixing, darkroom safety and print mounting. In conclusion the students will compile a photographic report of their Adirondack experiences.

Dining Room Procedure

We call our dining room the Pok-o-Queen. Meals are served family style. Students learn responsibility by serving, clearing, and cleaning up.

Rules and Procedures

1. Each table seats six people and it is best if one adult or teacher be the leader of the table.
2. The leader of each table will appoint a clearer and a waiter with each student taking his turn. The waiter will bring the food from the kitchen and return for seconds if needed. The clearer will clean off the dishes, clean and reset the table.
3. There are usually announcements after each meal, so that tables should not be excused until announcements have been made.
4. The group leader should assign one table of students per meal to assist in sweeping the floor, washing and putting dishes away, cleaning counter tops, and straightening chairs.

Evening Program

We feel that the evening program should be a cooperative venture between the teachers, group leaders, and our staff. We will help suggest ideas, but our staff will need your help in organizing and carrying out the program. By forming a student teacher committee, the students will be involved in planning the program as well. Some suggestions are:

Campfires	Games
Skit Night	Recreational Activities
Scavenger Hunt	Movies

Many students keep journals on the evening programs and other experiences they have during their stay. A time can be set aside in the evening for this activity.

In addition, our evening program includes academic lecture and discussion sessions on the following topics:

Acid Rain in the Adirondacks	Hypothermia
Burgoyne's Expedition: 1777	Ice Age Cometh?
Benedict Arnold's Campaigns	First Aid
Astronomy	History of the Adirondacks

Sample Three Day Program

Designed for 25 students - 5th grade
Season: Spring

First Day

Morning	9:00-10:00	Arrival- Unpacking- Orientation
	10:30	Action Socialization Experience
Afternoon	12:00	Lunch
	1:30	½ group - Nature Trail ½ group - Pond Life Study
	3:00	Groups switch previous activity
	4:30	Recreational Activities
	5:30	Dinner
Evening	7:00	Capture the Flag
	8:00	Academic Session - Dramatization of the Battle of Valcour
	9:30	Journal writing
	10:00	Lights out

Second Day

Morning	7:30	Awake
	8:00	Breakfast
	9:00	1812 Homestead Activities Schoolhouse - Grave rubbings Shingle making - Rail splitting Candlemaking - Carding & spinning wool
Afternoon	12:30	Lunch
	1:30	½ group - Hike to Rattlesnake Mt. ½ group - Hike to Bare Mt.
	4:30	Free time
	5:30	Dinner
Evening	7:00	Softball or soccer
	8:00	Talent night - Paper bag skits
	9:30	Journal writing
	10:00	Lights out

Third Day

Morning	7:30	Awake
	8:00	Breakfast
	9:00	Confidence Course
Afternoon	12:30	Lunch
	1:30	Clean up - Pack up
	2:00	Summary
	2:30	Departure

Sample Five Day Program

Designed for 50 students - 9th grade
Season: Fall

Monday

Afternoon	2:00	Arrival - Unpacking - Orientation
	2:30	Action Socialization Experience
	3:30	First Activity Period (5 groups, rotating each period) I. Map & Compass IV. Homestead-Woodworking II. Nature Study V. Homestead- Domestic Arts III. Canoeing

	5:30	Dinner
Evening	7:00	Capture the Flag
	8:30	Academic Session - Hypothermia
	10:00	Lights Out

Tuesday

Morning	7:30	Awake
	8:00	Breakfast
	9:00	Second Activity Period (groups rotating)
	10:30	Third Activity Period (groups rotating)
Afternoon	12:30	Lunch
	2:00	Fourth Activity Period (groups rotating)
	3:30	Fifth Activity Period (groups rotating)
	5:30	Dinner
Evening	7:00	Recreational Activities
	8:30	Academic Session - Astronomy
	10:00	Lights Out

Wednesday

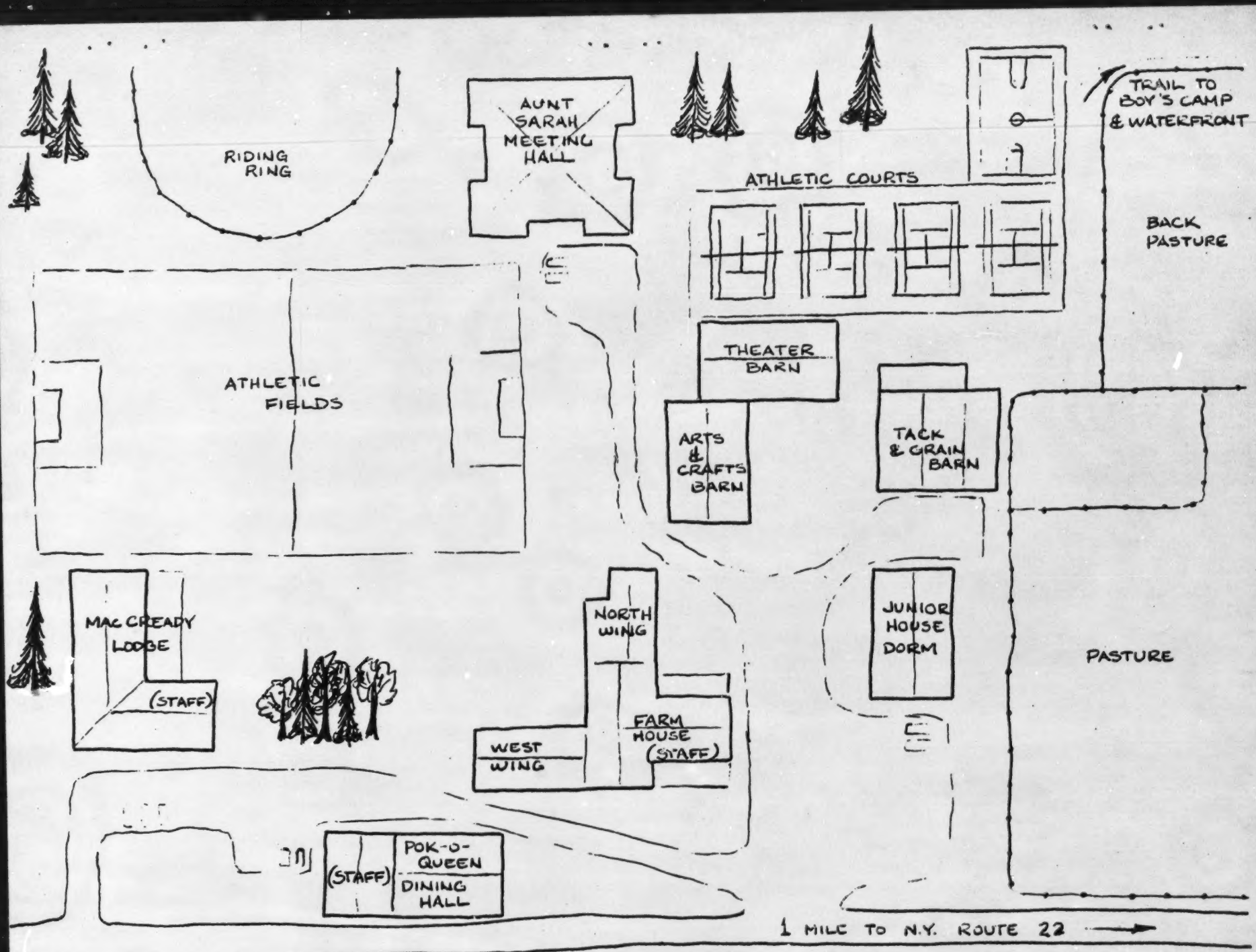
Morning	7:30	Awake
	8:00	Breakfast
	9:00	½ group leaves camp for all day hikes - ¼ to Rattlesnake Mt, boating across Long Pond - ¼ to Porter and Cascade Mts., per van to Adirondack High Peaks ½ group remains in camp - ¼ on Confidence Course - ¼ in Pond Life Study
Afternoon	12:30	Lunch for in camp group
	2:00	In camp groups switch activities
	5:30	Dinner
Evening	7:00	Baseball - Soccer
	8:30	Academic Session - Acid Rain
	10:00	Lights out

Thursday

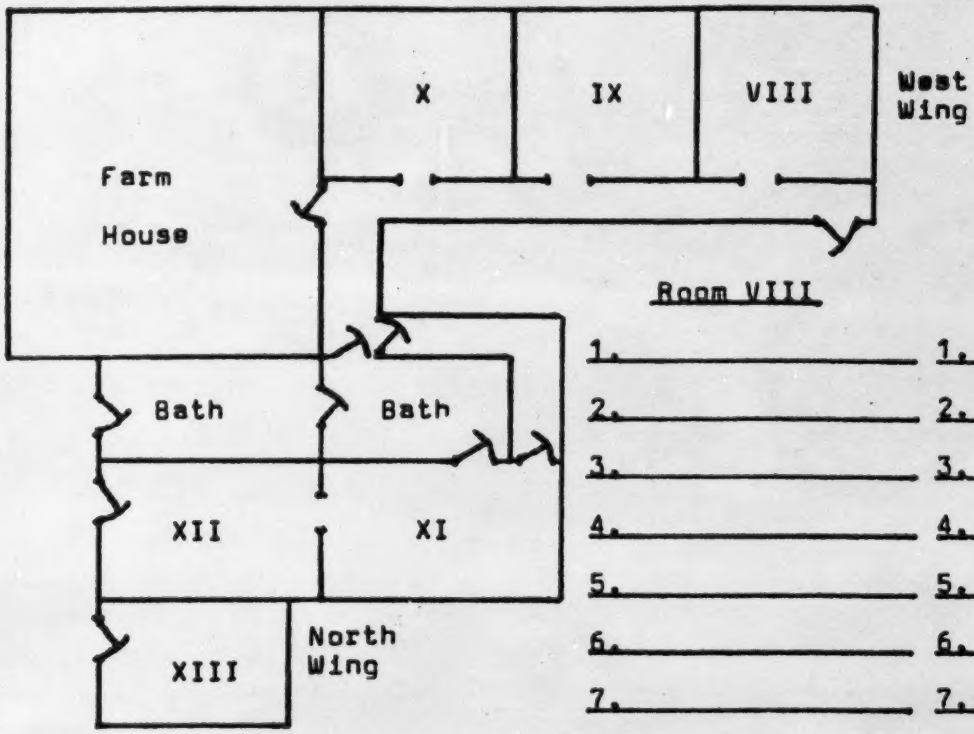
	7:30	Awake
	8:00	Breakfast
	9:00-5:00	½ groups switch and repeat activities of Wed.
	5:30	Dinner
Evening	7:00	Scavenger Hunt
	8:30	Academic Session - First Aid
	10:00	Lights out

Friday

Morning	7:30	Awake
	8:00	Breakfast
	9:00	Optional Activities I. Rock Climbing II. Canoe Trip on Long Pond III. Early American Building Construction IV. Nature Study
Afternoon	12:30	Lunch
	2:00	Optional Activities (switch or continue)
	5:30	Dinner
Evening	7:00	Recreational Activities
	8:30	Skit and Talent Night
	10:00	Lights out


RIDING RING
AUNT SARAH MEETING HALL
ATHLETIC COURTS
TRAIL TO BOY'S CAMP & WATERFRONT
BACK PASTURE
ATHLETIC FIELDS
THEATER BARN
ARTS & CRAFTS BARN
TACK & GRAIN BARN
MAC CREADY LODGE
(STAFF)
NORTH WING
WEST WING
FARM HOUSE (STAFF)
JUNIOR HOUSE DORM
PASTURE
(STAFF)
POK-O-QUEEN DINING HALL
1 MILE TO N.Y. ROUTE 22

ROOM ASSIGNMENT: FARM HOUSE
WEST WING & NORTH WING



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Room XIII

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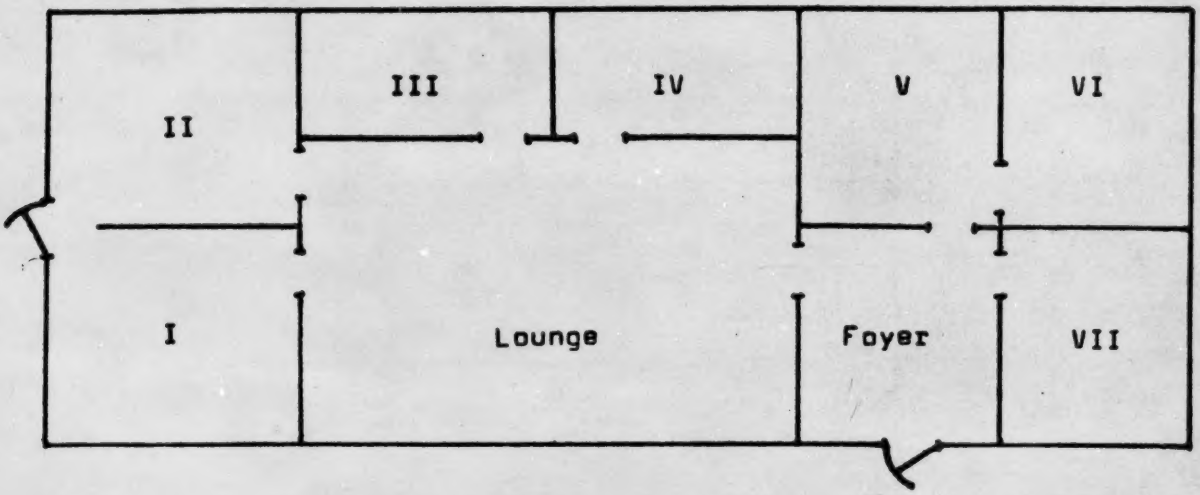
ROOM ASSIGNMENTS: JUNIOR HOUSE



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Room VII

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ROOM ASSIGNMENTS: MacCREADY LODGE

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Room XV

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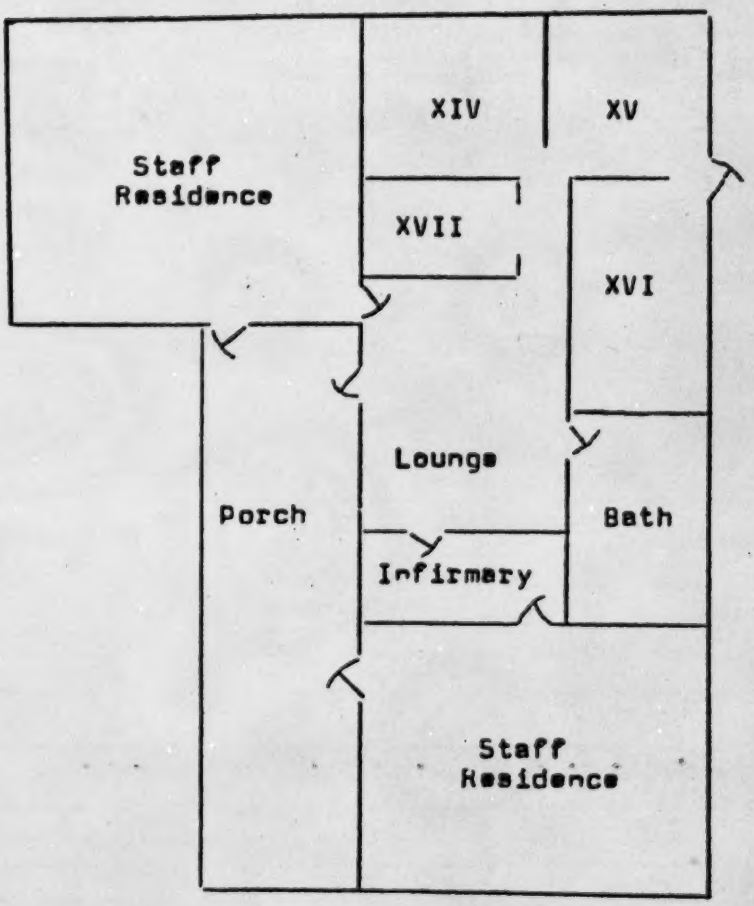


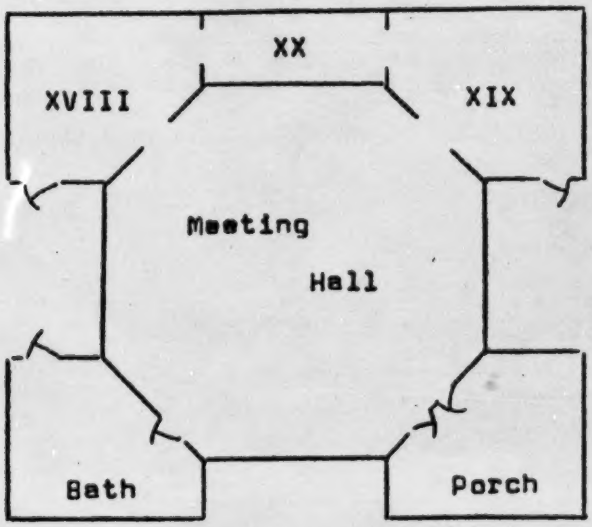
Room XVI

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Room XVII

1. _____
2. _____

ROOM ASSIGNMENTS: AUNT SARAH
MEETING HALL



Room XVIII

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Room XIX

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Room XX

1. _____
2. _____

Pok-O-MacCready Outdoor Education Center
Health Form

(Required by the New York State Health Department)

NAME_____ BIRTHDATE_____ AGE_____

PARENT OR GUARDIAN_____ PHONE_____

CITY, STATE, ZIP CODE_____

DATE OF LAST PHYSICAL EXAMINATION_____

HEALTH HISTORY (check if appropriate)

Frequent Colds _____
Frequent Sore Throats _____
Frequent Earaches _____
Sinusitus _____
Stomach Upsets _____
Bronchitis _____
Asthma _____
Convulsions _____
Diabetes _____
Other _____

ALLERGIC REACTIONS

Bee Sting ____ requiring immed. med.____
Penicillin ____
Other ____

Medications are being sent with my child: YES_____ NO_____

If yes, please include any pertinent information for the Center's nurse:

_____

_____

_____

IMMUNIZATION RECORD

	Date		Date
DPT Series	_____	Measles	_____
Polio Series	_____	Mumps	_____
Rubella	_____	Tetnus Booster	_____

My child has completed all immunizations required by the state of _____ to attend school: YES_____ NO_____

IN CASE OF MEDICAL EMERGENCY, I understand every effort will be made to contact parents or guardians of the Former. In the event I cannot be reached, I hereby give my permission to the physician selected by the Center's director to hospitalize, secure proper treatment for, and to order injection, anesthesia, or surgery for my child as named above.

SIGNATURE OF PARENT OR GUARDIAN_____

DATE_____

What to Bring

___ 1 bath towel
___ 1 wash cloth
___ soap
___ comb or hairbrush
___ toothbrush
___ toothpaste
___ pajamas
___ underwear
___ 2 or 3 pairs pants
___ 3 shirts
___ sleeping bag, or bed roll (2 sheets and 1-2 blankets)
___ 1 pair sturdy walking boots/shoes
___ extra pair sneakers/shoes
___ 5 pairs socks
___ 1 warm jacket
___ 1 poncho or raincoat and Hat
___ waterproof boots
___ 1 sweater or sweatshirt
___ small pillow

In Winter

___ thermal underwear
___ heavy socks
___ gloves, mittens, hat
___ ski pants or woolen trousers
___ sweaters
___ heavy jacket or parka
___ warm winter boots or hiking shoes

Optional

___ camera
___ fishing equipment
___ binoculars
___ pen & notebook
___ insect repellant (necessary in spring)

* DO NOT BRING: Knives, money, radios, or blow driers.
* The Center is not responsible for personal belongings.

Transportation Suggestions

- By rail passenger service: Amtrak Station in Willsboro, N.Y., 4 miles from Center. We will provide transportation to and from Willsboro Station.
  *Amtrak toll free number: 1-800-523-5700

- By charter bus service: William H. Hogle Bus Service
  Black Point Road 1-518-585-2222
  Ticonderoga, N.Y. 1-518-585-7339

Final Checklist for Group Leaders

_/_ All N.Y.S. Health forms completed and collected. (To be presented to nurse upon arrival.)
___ Students aware of clothing and bedding requirements.
___ Room assignments made.
___ Students, teachers, and Center's staff in agreement with daytime and evening schedule.

* For further information pleases contact Mary Bell or Jim Kinley at the following address:

Pok-o-MacCready Outdoor Education Center
Long Pond
Willsboro, N.Y. 12996

518-963-7967